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Georgia Department of Human Resources • Division of Mental Health, Developmental Disabilities and Addictive Diseases
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TRAINING ANNOUNCEMENT

Preventing Suicide among Georgia's Consumers of MH & AD Services: QPRt Suicide Risk Assessment & Risk Management Instructor Training

To: Community Providers for Mental Health and Addictive Diseases Disorders
Regional Hospital Administrators
Regional Coordinators

From: Cherry Finn, Acting Director, Office of Mental Health, Division of MHDDAD
Neil Kaltenecker, Director, Office of Addictive Diseases, Division of MHDDAD

CC: Division Management Team

Date: April 12, 2006

Title: Preventing Suicide among Georgia's Consumers of MH & AD Services:
QPRt Suicide Risk Assessment & Risk Management Instructor Training

Background: Suicide is preventable, yet it is the third leading cause of death in young adults and has a higher than average prevalence rate among older adults, people with mental illnesses and people with addictive diseases. Please refer to the attached list of annotated websites for further information. As an FY06 training/technical assistance priority, the Division is continuing its partnership with the QPR Institute. This nationally recognized organization has expertise in designing and implementing clinical and community systems of suicide prevention and risk reduction. The Division of MHDDAD is adopting a multi-pronged strategy to increase competency and capacity to prevent and reduce the risk of suicide among persons with mental illness and addictive diseases. This year's training series will include regional sessions on suicide prevention/risk reduction, as well as special train-the-trainer opportunities for Georgia's clinicians and certified peer specialists.

This series will build on the training conducted in early 2005 and will strengthen staff competencies and build Georgia's capacity to sustain a future focus on suicide prevention/risk reduction. The series will include the following training opportunities, which are also summarized in the table on Page 2:

- Providing this initial "Foundations" session on suicide prevention and risk reduction on March 23 and five similar sessions in June 2006 for a broad range of community providers and hospital staff
- **Developing key Georgia staff as Certified Instructors of QPRt Suicide Risk Assessment and Risk Management Inventory**
- Developing "Gatekeeper" trainers, beginning with Certified Peer Specialists

PREVENTING SUICIDE AMONG GEORGIA'S CONSUMERS of MH & AD SERVICES FY'06 Training Series (Note that all events are relevant for Hospital and Community MH & AD Services)				
EVENT	DATES	AUDIENCE	FOCUS OF THIS EVENT	LOCATION
Foundations Seminars	Thurs. March 23, 2006	Administrators, Managers, Supervisors & Clinicians.	An overview of Suicide Prevention.	Douglasville GA
	June 2006	Clinicians, Supervisors, Managers, Certified Peer Specialists, Risk Management Staff		Announced soon
	June 2006			Announced soon
	June 2006			Announced soon
	June 2006			Announced soon
	June 2006			Announced soon
QPRT Suicide Risk Assessment & Risk Management Instructor Training	May – July 2006	The Division will select a limited number of Clinicians and/or Supervisors whose organizations wish to have an in-house trainer. These individuals will complete Instructor Training with QPR Institute and be a certified trainer for QPR Suicide Risk Management.	SEE DETAILED DESCRIPTION in this Announcement and in Attached Documents.	This training will be accomplished via a combination of self-study and on line work, plus one meeting with QPR staff on June 20, 2006.
QPR Gatekeeper Instructor Training	One day of training in June 2006	Certified Peer Specialists selected by the Division's Office of Consumer Relations & Recovery will be the participants.	The QPR Institute teaches Gatekeeper Instructor training, enabling instructors to educate the community about suicide prevention.	Location to be determined

Description: The QPR Institute trains and licenses clinical instructors from qualified agencies to teach others in the application and practice of suicide risk reduction strategies and in how to use of QPRT Suicide Risk Assessment and Risk Management Inventory© for suicide risk assessment and management.

Selected individuals will complete Instructor Training with QPR Institute and be a certified trainer for QPRT Suicide Risk Assessment and Risk Management. The Division will pay the QPR fee for this certification process. In order to be chosen for this train-the-trainer opportunity, clinicians must be recommended by a contracted community providers or state hospital where they are employed, and that community provider or hospital must plan for the certified trainer to conduct further training of their staff.

This train-the-trainer program involves considerable study. It includes a blend of DVD lectures, reading, online and self-study materials, and one day of face-to-face training. Approximately 40-hours of specialized study are required to master the content and pass the required quizzes. Successful candidates are provided ongoing telephone technical support and updated research and teaching tools through a password protected area on the Institute's Web site.

Presenters: Paul Quinnett and Ben Camp of the QPR Institute are nationally recognized trainers. **QPR Institute's website is located at www.qprinstitute.com**

Paul Quinnett, Ph.D., is the President and CEO of the QPR Institute. A clinical psychologist and trainer with 31 years of suicide prevention experience, Dr. Quinnett has developed and managed a suicide prevention hotline, an outpatient emergency services department and dozens of mental health service delivery programs. He is the author of seven books and many professional articles, including the classic **Suicide: The Forever Decision**, now published in several languages. A keynote speaker and strong advocate for the survivors of suicide, he has served as the Chief Psychologist for the Spokane Mental Health psychology internship program for more than 20 years. He served as the chair of the Strategic Planning Committee for the American Association of Suicidology. He serves as Clinical Assistant Professor in the Department of Psychiatry & Behavioral Science at the University of Washington, School of Medicine and is the past Editor-in-Chief of *Preventing Suicide: The National Journal*.

Ben Camp, M.S., has over 23 years experience in the fields of mental health and substance abuse. He has been involved in all levels: direct counseling, program development and management, grant development and evaluation, curriculum development, teaching and training. He has been a Mental Health Crisis and Commitment Specialist responsible for the assessment and involuntary commitment of suicidal persons, as well as Director of Training for a Crisis Intervention and Suicide Prevention Program. Ben is currently on Adjunct Faculty at Whitworth College, The Washington Institute for Mental Health Research and Training, and Eastern Washington University School of Social Work and Addictions Studies where he has developed a university credit course on suicide risk assessment and management. In addition, he developed a model curriculum for Co-Occurring Disorders Case Management and has provided training on Co-Occurring Disorders throughout Washington State, the region and the nation.

Audience: Those who are encouraged to apply to be selected for the **QPRT Suicide Risk Assessment and Risk Management Instructor Training** include supervisors and clinicians serving persons with MH & AD needs. The training is applicable for those working in MH or AD, inpatient or outpatient services, with adults or adolescents.

Those selected should be prepared to complete the approximately 36 hours of training required to become a QPRT Instructor.

Location: **The majority of this training will be conducted via self-study and the Internet, making this a suitable and cost-effective opportunity for clinicians from all over the state of Georgia. However, there will be a one-day seminar on JUNE 20, 2006 for those selected to become QPRT Instructors to provide additional technical assistance to instructors. Details about this June seminar will be provided to those selected for this train-the-trainer opportunity.**

CEUs: Those who complete the training as required by the QPR Institute will be certified as an instructor for QPRT. In addition, application has been made through the University of Georgia, School of Social Work for continuing education credits for Social Workers, Counselors, and Marriage & Family Therapists. Because this training is a unique combination of self-study and other learning methods, we are not yet certain the number of CEU hours that will be approved. This training will count towards Area 3 CEUs for Psychology Licensure. All others may utilize the certificate from the UGA School of Social Work for their attendance documentation.

Registration: Please register no later than April 26, 2006 and please note the following information:

Prerequisites: Those applying to participate in this training opportunity must meet the following prerequisites:

- The applicant must have attended or be registered for an upcoming session of one Dr. Quinnett's Foundations seminars this spring or a Key Concepts sessions in 2005.
- The applicant's immediate supervisor or manager should also attend the Foundations or Key Concepts seminar.
- The applicant must be actively involved in providing services for persons with mental illness, substance abuse and/or those with co-occurring disorders.
- Applicants must be committed to implementing within their organization the material learned in the training by training others.
- **The applicant's manager or the organization's director must submit a cover letter in addition to the attached application by April 26, 2006. The letter should describe how the applicant will be conducting training on QPRT within their organization.**

Note: While there is no fee for this training, participants are responsible for their own meals, snacks and lodging arrangements for the June 20 session. All individual costs related to the on-line portion of the course are the responsibility of the participant (i.e., internet access).

Contact: For more information about the training or registration approval, contact Tracie Al'Belar, Training Coordinator at 404-657-2291 or via email at RegistrationMHDDAD@dhr.state.ga.us

PLEASE NOTE: THERE ARE THREE RELATED ATTACHMENTS FOR THIS APPLICATION PROCESS. IF YOU DO NOT HAVE THOSE ATTACHMENTS, SEND AN EMAIL REQUEST TO RegistrationMHDDAD@dhr.state.ga.us

Preventing Suicide Among Georgia's Consumers of MH & AD Services: QPRT Suicide Risk Management Instructor Training

CONTACT INFORMATION

Date: _____

Last Name		First Name	Middle
Mailing Address (Street Address or PO Box)			EMAIL Address (PLEASE PRINT)
City	State	Zip	
Work Phone	Fax	Alternate Phone	
Full Name of Your Organization			
Job Title			

PROFESSIONAL INFORMATION

Program Area You Work In	<input type="checkbox"/> Mental Health	DHR Region Your Organization Serves	<input type="checkbox"/> Region 1	
	<input type="checkbox"/> Developmental Disabilities		<input type="checkbox"/> Region 2	
	<input type="checkbox"/> Addictive Diseases		<input type="checkbox"/> Region 3	
	<input type="checkbox"/> Mental Health & Addictive Diseases		<input type="checkbox"/> Region 4	
	<input type="checkbox"/> All Program Areas		<input type="checkbox"/> Region 5	
Your Role	<input type="checkbox"/> Direct Service	Area of Licensure	<input type="checkbox"/> Social Work	<input type="checkbox"/> Licensed Prof Counselor
	<input type="checkbox"/> Supervisor/Management		<input type="checkbox"/> Registered	<input type="checkbox"/> Certified Addition
	<input type="checkbox"/> Administration		<input type="checkbox"/> Nurse	<input type="checkbox"/> Counselor
	<input type="checkbox"/> DHR State or Regional office		<input type="checkbox"/> Psychologist	<input type="checkbox"/> Licensed
	<input type="checkbox"/> Consumer Advocate		<input type="checkbox"/> Other	Marriage/Family
	<input type="checkbox"/> Other		<input type="checkbox"/> Not Applicable	Therapist

_____ I have submitted a letter of application and received supervisor's approval

_____ I have completed the attached QPRT Application form

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Mail or fax the above information to Tracie Al'Belar at 404/463-4186. You may email Tracie at RegistrationMHDDAD@dhr.state.ga.us

PREPARING FOR THE DIVISION of MHDDAD FY'06 SERIES
“PREVENTING SUICIDE AMONG GEORGIA’S MH & AD CONSUMERS”

AN ANNOTATED LIST OF WEBSITES

The national impetus for the development of suicide prevention strategies came from the 1999 Surgeon General's ***Call To Action to Prevent Suicide***. There are several connections to Georgia around the document. The *Call to Action* came out when Dr. David Satcher, now Director of the National Center for Primary Care at Morehouse School of Medicine, was Surgeon General and Representative John Lewis of Georgia was one of the original sponsors of a congressional resolution calling for the development of a national strategy to prevent suicide. You can read the document in your preferred format at:

<http://surgeongeneral.gov/library/calltoaction/default.htm>

The National Strategy for Suicide Prevention (NSSP) represents the combined work of advocates, clinicians, researchers and survivors around the nation. It lays out a framework for action to prevent suicide and guides development of an array of services and programs that must be developed. It is designed to be a catalyst for social change with the power to transform attitudes, policies, and services. The NSSP Goals and Objectives for Action were published by the U.S. Department of Health and Human Services in May of 2001, with leadership from the Surgeon General. Goals 6, 7, and 8 specifically relate to professional training and practice for mental health and substance abuse professionals. Find the **Summary of the Goals and Objectives** of the National Strategy at:

<http://www.mentalhealth.samhsa.gov/publications/allpubs/SMA01-3518/default.asp>

A rich website, a collaborative effort of SAMSA, CDC, NIH, HRSA, and HIS, supports the work related to NSSP at <http://www.mentalhealth.samhsa.gov/suicideprevention/strategy.asp>. On this website there is a very useful **fact sheet that focuses on the relationship of suicide to both mental health and substance abuse**. Particularly interesting is the incidence data relating to suicide and particular mental health diagnoses and substance abuse.

<http://www.mentalhealth.samhsa.gov/suicideprevention/suicidefacts.asp>

SPAN USA, founded in 1996 by Gerald and Elsie Weyrauch of Marietta, Georgia, has been influential in developing and influencing both national and state policy relating to suicide prevention since its founding. SPAN USA is a 501(C)(3) organization dedicated to preventing suicide through personal and community action grounded in best practices and collaboration. Their goal is to create a way for survivors of suicide - those who have lost someone to suicide - to transform their grief into positive action to prevent future tragedies. Read about past and current legislation around suicide prevention and explore the website at <http://www.spanusa.org>.

Georgia specific information, ***Suicide in Georgia 2000*** and the ***Georgia Suicide Prevention Plan*** can be accessed on this site at <http://www.spanusa.org/GSPP.html>

The *Georgia Suicide Prevention Plan* was presented at the **Rosalyn Carter Georgia Mental Health Forum** on May 21, 2002. The 2002 Mental Health Forum Program Report, ***Suicide Prevention in Georgia: Healing and Hope***, containing the remarks of both national and local Georgia presenters, is available online at <http://www.cartercenter.org/documents/1261.pdf>

The QPR Institute, the organization presenting this *Suicide Prevention for Georgia MH & AD Consumers* training, is dedicated to “saving lives through excellence in education” and has a website full of information. You can find out more about the varied work of the QPR institute, including the QPRT training and Gatekeeper training at <http://www.qprinstitute.com>.